

# THE GRAPEVINE

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Dear Friends,

Scrunch, scrunch, clatter, clatter. It's the noisy, cool sound of ice being shoveled into tubs to be transported to top off the bins of Yakima corn in front of the market. It's going to be 90 degrees today. Everything needs to be chill. Attitudes, melons, bodies, corn.

While we're still fielding phone calls from sad folks looking for local strawberries (June is local strawberry month), August is that time of year when Mother Nature gives us a preview of the next season: locally grown Gravenstein apples are here (pie! sauce!). Other early varieties include Gala (sweet, crispy, juicy), and all the apples that descend from the Yellow Transparent family tree: Lodi, Early Gold and Gingergold. Yellow Transparent itself was brought to the US in 1870, and is thought to have originated in Poland around 1800. It's an early season apple with creamy, mellow flesh and a piquant, acidic tang. The skin is pale greenish yellow, fragile, susceptible to bruising, and doesn't store well, but it's a favorite for pie and sauce.

Of the Lodi, Early Gold and Gingergold, Gingergold is my favorite. It's one of those mysterious apples that spontaneously crop up by chance, and has a lovely sweet flavor, a more crispy texture, and is sometimes blushed with hot pink. My personal preference for pie and sauce, however, remains Gravenstein. Quick----all these apples have a very brief season, so if you see them and you want them, get them. We'll splash them over Facebook, Instagram and Twitter when they're here.

Pie made with Gravensteins and a handful of dried cranberries is for me, the epitome of fruit pie. I use instant tapioca to thicken pie; I like the glossy appearance and gel consistency it gives. Toss together 5 cups peeled, sliced apples, 3/4 cup sugar, 2 tablespoons instant tapioca granules, and your favorite apple pie spice to taste (cinnamon, nutmeg, cloves, allspice). Place fruit mixture in a prepared crust and sprinkle with crumb topping: 2/3 cup flour, 1/2 cup sugar, 1/4 cup cold butter, worked together until mixture is crumbly and not too fine. Bake at 350 about 1 hour. It's aces.

The whole month of August is aces for those of us who follow a regional and seasonal eating style. Seasonal eating means replacing imported asparagus with local green beans in your menu, and enjoying salads made with locally grown greens. It means Yakima peach shortcake instead of California strawberry shortcake. A little shifts to make!

Fresh and local this month are apricots, nectarines, peaches, the first of the local pears. Plums and pluots crop up this month, and cantaloupes and watermelon are all Yakima or Oregon grown. Blueberries are the berry of the month; cultivated blackberries peak in July, but you can identify your favorite briar patch in the neighborhood and stake a claim. Wild blackberries are perfectly fine for all uses, but tend to be a little seedy. Just heap more ice cream on that blackberry pie (or sieve the pulp for jam) and nobody will complain!

Veggies from nearby in August include lettuce, spinach, greens, tomatoes, peppers, both hot and sweet, celery, radishes, broccoli, cabbage, garlic, corn, cauliflower, carrots, onions, potatoes, okra, eggplant and summer squashes like zucchini and its cousins. Pickling cucumbers are here, and we have dill, pickling onions, horseradish and all the other essentials for your prized recipe.

If you're a food preserver, we post "box prices" for local fruit on our signs. Just ask one of us to get a box for you. Sometimes we'll have peaches or tomatoes in the nursery, and you can just grab a box yourself. Remember, we'll weigh the box at the checkout to ensure the correct net weight.

Our family has a lot going on in August this year; we're awaiting the arrival of granddaughter #3. Our daughter-in-law Alisa worked through most of her pregnancy, but she's on leave now, and we miss everything she brings to the market, her signs, her good humor, her perspective, her sugar and her spice.

You can still connect with her work through our blog, [freshpickednews.blogspot.com](http://freshpickednews.blogspot.com), and the fruit market's Instagram, which she and Harla jointly manage. Alisa has worked at the market for...can it possibly be... 18 years? She's had other jobs, and earned her stripes as a Husky, but with a small business, there's no escaping; every family dinner is a meeting of the Board of Directors.

Last month on Facebook I posted a picture of the freshly arrived Gravenstein apples, and an alumni employee who lives in Alaska noticed it, called her parents in Bothell, who were coming up for a visit, and got them to pack a suitcase full of apples! Don't tell me you're "over" Facebook! It's still a lot of fun, and has its uses. For instance, I found out which Disney princess I am, and learned that my social intuition skill number is 26 out of 37, not a great score.

September is my favorite month at the market (ok, I know I've said that about other months too), but seriously! The weather is reliably great; everything delicious we love about summer is still here, and suddenly: fall squash! Pumpkins! More apple varieties than you can shake a stick at! Concord grapes! There will be a brief resurgence of fall veggie starts in the nursery, before it turns into our pumpkin patch in October.

But let's live in the eternal now: the fragrance of honeyloupe, the ancient rhythm of berry picking, the ouch-y pebbles underfoot at the beach. A content, swaddled infant in your arms. Precious, small August moments that will echo down your years.

Have you noticed that it seems to be the little things that make folks the angriest, all out of proportion to the situation? I was sad to see a post on the "You Know You're From Bothell" Facebook site where one member called another member a nasty name because they disagreed about city politics! Good night, people! We're neighbors! Let's chill!

I'm still reeling from the bad online review I earned last Thanksgiving night when I came down to the market in my pajamas (yes, pajamas). Around 8 p.m. after our family feast/meeting of the Board of Directors, we were turning on the Christmas lights and getting a few things ready for the overnight delivery of Christmas trees that was coming.

A man and woman parked in our lot and proceeded to go to the restaurant next door (Preservation Kitchen, yum, 2 thumbs up!). I greeted them and asked them to please park at the restaurant because we had a delivery coming, and we'd be staging it right where they parked. I wished them a happy Thanksgiving, and they moved their car to the restaurant.

Months later when glancing at the online reviews, I discovered that I'd permanently lost a customer over that incident! You have my deepest gratitude if you've handled any disappointments we've caused in a face-to-face manner. And if you weren't yelling when we tried to fix the problem, God bless you! The wider world is wonky enough, but I think we can make it a better place. I'm here to try, even if my social intuition skill number is only 26. I'm pretty sure you're trying too. Thank you so very much!

Fruitfully Yours,

KARIN POAGE

# GRAPEVINE BACKPAGE

## WASHINGTON APPLE SALAD

---recipe from Borton Fruit, growers of apples, pears and cherries. Makes 4 servings. Substitute dried cherries or cranberries in place of raisins if desired.

2 sweet Washington apples (such as Gala), cored and chopped  
1 medium red onion cut into rings  
6 cups mixed greens  
1/2 cup slivered almonds, toasted  
1/2 cup crumbled feta cheese  
1/4 cup raisins  
1/4 cup vinegar  
2 tablespoons olive oil  
1 teaspoon oregano  
Salt and pepper

In a large bowl combine greens, onion, raisins and apples. Mix cheese and oregano in a small bowl, and add to salad, tossing lightly. Mix vinegar, olive oil, salt and pepper. Drizzle over salad. Sprinkle with almonds and serve immediately.

## HUEVOS CON CALABACITAS

---recipe from mexicanrecipes.org. Makes 4 servings. Great with salsa and a dollop of sour cream!

1 cup coarsely chopped zucchini  
2 tablespoons butter  
6 eggs  
1/4 cup milk  
1/2 teaspoon chili powder  
salt and pepper  
1/2 cup Monterey Jack cheese, divided

In medium skillet, cook zucchini in butter until almost tender, about 3-4 minutes.

In a bowl beat eggs, milk, chili powder, salt and pepper with a fork. Stir in 1/4 cup of the cheese.

Pour egg mixture over zucchini in skillet. Cook without stirring over low heat until eggs start to set on bottom and sides of pan. Lift and fold eggs with spatula so uncooked part runs to the bottom. Continue lifting and folding until eggs are cooked through but still moist. Sprinkle with remaining cheese.

**WE'RE OPEN  
LABORDAY  
WEEKEND!**

## ICE, ICE BABY!

---cool, fruity ideas for summer!

**MELON BALL ICE CUBES:** Using a melon baller, make balls out of cantaloupe and honeydew. Freeze balls individually on a parchment lined tray. When balls are frozen, transfer to a zipper freezer bag and freeze for use in beverages.

**PESTO PRESTO:** Freeze excess pesto or chimichurri sauce in ice cube trays. When frozen, pop out and transfer to zipper freezer bags.

**HERBS:** Chop fresh herbs, place a tablespoon in an ice cube tray, fill with water. Freeze. When frozen, transfer to zipper freezer bags. Color may be affected by freezing process, but herbs will retain flavor. This method is excellent for use in stews and soups, where the slight amount of additional water won't matter.

**CITRUS SLICES:** Slice lemons and/or limes into rounds, place one round in a muffin cup, fill with water. When you want to make icy "spa water," use the frozen citrus instead of ice cubes.

## GILROY GARLIC SHRIMP

---recipe from the Gilroy Garlic Festival, held in Gilroy, CA, the world capital of garlic production. I won't tell the Festival folks if you substitute Yakima garlic!

24 large shrimp, peeled, deveined  
salt and fresh ground pepper  
2 tablespoons olive oil  
6 cloves garlic, crushed, then finely minced  
2 tablespoons cold butter  
1/4 cup chopped Italian parsley  
1/2 lemon, juiced

Prepare the shrimp, pat dry, season with salt and pepper. Place a large skillet on high heat then add the olive oil. When oil is very hot, add shrimp and sauté on high heat for 2 minutes, or until shrimp are about halfway cooked.

Add garlic, sauté 1 minute. Add cold butter, reduce heat to medium and cook for another minute or until shrimp are cooked. Turn off heat and stir in parsley and lemon. Serve immediately. Makes 4 servings.

## SYRUP FOR CANNING FRUIT

---visit [extension.oregonstate.edu](http://extension.oregonstate.edu) and find the Canning Fruits Pacific Northwest Publication 199 for the processing chart and full canning instructions for peaches, plums, apricots, nectarines, pears, apples and other fruits. These ratios should provide enough liquid for 7 quarts of fruit.

**VERY LIGHT SYRUP** 10 1/2 cups water, 1 1/4 cup sugar  
**LIGHT SYRUP** 9 cups water, 2 1/4 cups sugar  
**MEDIUM SYRUP** 8 1/4 cups water, 3 3/4 cups sugar  
**HEAVY SYRUP** 7 3/4 cups water, 5 1/4 cups sugar

Heat water and sugar together. Bring to a boil and pour over fruit in jars. Process according to altitude, jar size and fruit, as described in the Extension Service publication listed above.

WASHINGTON TRIVIA: July 1, 2014 is a significant day for people who were placed for adoption in the State of Washington. Why?

ANSWER: On that date, a state law went into effect providing all adoptees over age 18 the right to access their original birth certificate. UNLESS the birth parent filed a no contact form, in which case the birth parent was required to fill out a medical history form to share with the adopted child.